

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
10:00–11:00	CDR	Physical exercise (TVIS-1)
10:30–10:35	FE-1	IMS auto import/export
11:00–11:15	CDR	Regeneration of $\Phi 1$ absorbent bed in БМП (end)
11:15–11:30		Regeneration of $\Phi 2$ absorbent bed in БМП (start)
11:30–12:45	FE-1	Physical exercise (TVIS)
12:15–12:30	CDR	Private psychological conference (<i>VHF</i>)
12:45–13:45		LUNCH
13:45–14:15		Weekly planning conference (<i>S-band</i>)
14:15–17:15		Weekly housecleaning
17:15–17:55	CDR	Maintenance of COЖ
17:55–19:25		Physical exercise (TVIS-1)
18:15–19:30	FE-1	Physical exercise (RED)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities.

Task List: CDR: DIATOMEA ocean observations

End of radiogram